Natural Rearing Newsletter ©

Volume 3 Issue 1 **March 1998**

FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

Chlorinated Water...The Bad News Continues

On Feb. 10 a press release in the State of California, issued a stern warning that all pregnant woman should avoid drinking chlorinated water. A direct link has been established between chlorinated water and early abortion!

Although nothing was said about "dermal absorption" I couldn't help wondering about all the swimming pools in California. What about bathing and showers with chlorinated water? I don't know of any studies that show how much exposure is required to cause abortion but I would certainly take steps to minimize this unwarranted risk.

I would also strongly suspect that this warning would apply to our animals. For all you breeders out there, take heed. Use only water that you can be sure of for any pregnant animals.

We have been speaking against chlorinated water for years. In Jan.'95 we published an article about the dangers involved (see Volume 1-- #2) and followed that with another article in May.'96 (see Volume 1--#10.)

Briefly, we pointed out that chlorine is a halogen that damages enzymes. It potentiates magnesium deficiency, which can cause almost any symptom you can think of from high blood pressure to chemical sensitivity or even sudden death. Furthermore it also decreases the absorption while increasing the excretion of calcium and phosphorus. The increased loss of calcium into the urine promotes osteoporosis.

It is known that it contributes to hypertension, cancers of the pancreas, colon, and bladder. It has also been linked to heart attacks, diabetes, and kidney stones. It changes "good" cholesterol to "bad" cholesterol. It alters and destroys essential unsaturated fatty acids.

Isn't it time we stopped intentionally adding dangerous substances to our drinking water? Ozone treatment, used in Europe, effectively kills off bacteria without chemical contamination. There are practical alternatives! (1)

Proposed "Organic" Regulations

On Dec. 16/97 the USDA released the "Proposed Rule on the National Organic Program". The Proposed Rule will determine how the U.S. government plans to implement the "Organic Foods Production Act" of 1990.

The National Organic Program (according to the Act) will be designed to "establish national standards governing the marketing of certain agriculture products as organically produced products; to assure consumers that organically produced products meet a consistent standard; and to facilitate interstate commerce in fresh and processed food that is organically produced".

I don't think the intent of the Act would meet with any objections from the consumer. We would all like some assurance that the term "organic" on a label really means what common sense tells us it means. At the moment there are more than 40 state and private organizations that certify products as organic.

Whenever you have a high growth industry (expected to grow ten fold in the years ahead), you are bound to have growth pains. For the most part the industry has done a decent job and has built a strong reputation through self regulation. The Act recognized a need for a single, national standard, that in theory should produce a more reliable certification process under law. A lofty goal and worthy of attention.

IN THIS ISSUE

Chlorinated Water...The Bad News Continues
Proposed "Organic" Regulations
Vitamin C Supplements
Flavonoids
Megavitamin Therapy for Feline Leukemia
Mailbox
Prevention of Canine Hip Dysplasia With Vitamin C
Where Do Pets Come From ?
Fundamentals of Homotoxicology--Potency Chords

The present "Proposed" rules have the industry up in arms over several points that would never have been acceptable under anyone's understanding of the word "organic". Controversy is now riding high on allowing irradiation, genetically modified organisms (GMOs) and the use of municipal sewage sludge (biosolids) on food crops.

In direct conflict with the National Organic Standards Board, the NOP Proposed rule will allow synthetics (incidental additives and derivatives of GMO's) in processed foods labeled as organic. It allows synthetic treatment of livestock being sold as organic (synthetic amino acids, antibiotics, paraciticides).

The original Act called for a set of Rules apart and separate from existing USDA, EPA, etc. regulations. Instead, the proposed rules borrow criteria from EPA and other government bodies to rule on the toxicity of certain synthetic compounds.

The USDA has set a comment period ending March 15. Lets hope that the input from the industry has a positive effect and that the USDA will modify the Rules to comply with common sense.

Vitamin C Supplements

The best sources for the complete vitamin C complex are food sources such as citrus fruits, vegetables (especially broccoli, peppers, brussels sprouts), etc. Having said that let's move into the real world and talk about the ascorbic acid presently available to us as Vitamin C supplements.

There is no doubt that Vitamin C is the single, most widely used vitamin supplement sold in the United States. You can find it in crystals, powders, capsules, tablets, time released tablets, etc. etc. The actual amount of vitamin C in these different forms varies. Ascorbic acid derived from corn syrup is the most widely used and least expensive form and the vast majority of products use this as a base for their brand of vitamin C.

Buffered vitamin C refers to the use of sodium, magnesium, calcium, or potassium ascorbate, to neutralize the acidic pH that can sometimes cause stomach upset.

A relative newcomer to the market is called Ester-C. Recently I have seen a lot of promotion on this form of vitamin C. Its manufacturers claim that it is composed of esters (a chain of repeating units) of vitamin C and is absorbed and utilized by the body more effectively than other forms.

According to Michael T Murray, N.D. (a widely recognized author and authority on nutritional supplements) (2) "...absorption studies do not indicate that the body absorbs it (Ester-C) better." "In one study at the Foods and Nutrition Laboratory at Arizona State University, the absorption of Ester-C and regular ascorbic acid did not differ significantly (although blood levels were higher with regular vitamin C).

"Taking vitamin C with bioflavonoids may offer benefits in absorption, but only if the product contains bioflavonoids at a meaningful level. When the amount of citrus bioflavonoids is just window dressing, there is no real increase in absorption. However, if the level of bioflavonoids is equal to or greater than the level of vitamin C, then absorption is enhanced".

(Ed. Note: see our article on bioflavonoids in this issue)

From a cost/benefit ratio viewpoint I find Ester-C does not provide a good value relative to what I am using.

Vitamin C was identified and first isolated by Albert Szent-Gyorgyi in 1928. Now, 70 years later, researchers are still discovering health-promoting benefits from it. In 1976, Dr. Linus Pauling (two-time Nobel Prize winner), brought vitamin C into the limelight by reporting the results of a study he conducted along with Dr. Ewan Cameron. Pauling and Cameron gave 100 terminally ill cancer patients 10 grams of vitamin C per day. Of these, 16 survived more than one year. In the control group of 1,000 patients not taking vitamin C, only three patients survived for more than 1 year.

Numerous experimental, clinical, and population studies show that vitamin C intake benefits the body in numerous ways, including: reducing cancer rates, boosting immunity, protecting against pollution, enhancing wound repair, increasing life expectancy, reducing the risk of cataracts, etc.

One function of vitamin C is the manufacture of collagen, the main protein substance of the body. Since collagen is such an important protein for connective tissue, cartilage, tendons, etc., vitamin C is vital for wound repair, healthy gums and the prevention of bruising.

In addition to its role in collagen metabolism, vitamin C is also critical to immune function, the manufacture of certain nerve transmitting substances and hormones, carnitine synthesis, and the absorption and utilization of other nutritional factors. Of course, its role as a very important nutritional antioxidant is well known.

Vitamin C complex as it is found in plants and animals (whole, natural foods), contains rutin (vitamin P), the bioflavonoid complex, the "K" factor, the "J" factor, tyrosinase (organic copper), and components not yet identified, as well as ascorbic acid and ascorbigen.

Ascorbic acid serves as the antioxident wrapper; rutin is especially supportive to strengthening blood vessels and other collagen-containing tissues; bioflavonoids cooperate with the overall function of the complex with a multiplicity of roles; the "K" factor supports the clotting mechanism of the blood and, as is being discovered, the health and strength of

bone and other organs, glands and tissues; the "J" factor supports the oxygen-carrying capacity of the blood and thus is important to all cells, and tyrosinase is the trace element (organic copper) activator.

Despite the fact that ascorbic acid is only one part of vitamin C complex, numerous studies have shown it to be a useful product for a variety of purposes. For example, ascorbic acid plays an especially important role in protecting the sperm's genetic material (DNA) from damage. Many claims have been made about the role of ascorbic acid in enhancing the immune system (especially with regard to the prevention and treatment of the common cold). It has been administered intravenously to combat acute infections. According to Robert Cathcart, M.D., hepatitus is one of the easiest diseases for ascorbic acid to cure by intravenous injection.

The primary concern with high dosages often cited in the medical literature is the development of calcium oxalate kidney stones. However, numerous studies demonstrate that in people, unless you are on hemodialysis or suffering from recurrent kidney stones, severe kidney disease, gout, or a genetic defect of oxalate metabolism, high dosage therapy does not cause kidney stones. Vitamin C administration of up to 10 grams per day has not shown any effect on urinary oxalate levels.

Vitamin C is intricately involved with other nutritional antioxidants, especially vitamin E, selenium, and beta-carotene. Combination of antioxidants may provide greater benefit than any single nutrient. For example, in one study a mixture of beta-carotene, vitamin E, glutathione, and vitamin C was more effective than any of these antioxidants given individually in preventing the growth of experimental oral cancer in hamsters. The anticancer effects were not merely additive, a true synergism was noted.

I want to stress that you should not rely totally on supplements to meet all the vitamin C requirements. Vitamin C-rich foods contain compounds like flavonoids and carotenoids that work to enhance the effects of vitamin C as well as exert favorable effects of their own.

This is one of the reasons we add greens such as parsley, kale, etc. to our raw food diet for the dogs. For those of you still feeding kibble, you may want to give strong consideration to not only supplementing with vitamin C, but also adding at least a teaspoon of greens to the meal.

Many veterinarians are quick to point out that dogs and cats are capable of producing their own vitamin C. While this is true, they are relatively low producers of ascorbate (i.e. daily production of the dog and cat is 40 mg/kg of body weight compared to 275 mg/kg for a mouse and 226 mg/kg for a rabbit) and the broad variance in individual animals and their circumstances is such that it simply makes good sense to ensure that adequate amounts of vitamin C are available for prevention purposes.

Considering the importance of this vitamin, I for one will continue to add it to my nutritional program for all my animals.

Flavonoids

Flavonoids are a group of plant pigments that are largely responsible for the colors of many fruits and vegetables. Many of the medicinal actions of foods, juices, herbs, and bee pollen are directly related to their flavonoid content. Over 4,000 flavonoid compounds have been classified according to their chemical structure.

As a class of compounds, flavonoids have been referred to as "natures biological response modifiers" because of their ability to modify the body's reaction to other compounds such as allergens, viruses, and carcinogens. In addition, flavonoids act as powerful antioxidants by providing remarkable protection against oxidative and free radical damage.

For simplicity's sake, we will discuss three general categories: PCO (procyanidolic oligomers), quercetin, and citrus bioflavonoids.

PCO. The antioxidant activity of PCO is much greater (approximately 50 times) than that of vitamin C and vitamin E. The major sources of PCO are Grape seed and pine bark extracts. These are well defined chemically. Grape seed extracts are available that contain a total of 92% or 95% PCO, while the pine bark extracts vary from 80 to 85%.

Due largely to an aggressive advertising campaign, in the United States the pine bark extract currently outsells the grape seed extract by a considerable margin. In France, both have been sold for decades and sales for the grape seed extract are roughly 400 times greater than those for the pine bark.

Although both sources can be used interchangeably, for several valid reasons PCO extracted from grape seed has emerged as the preferred source.

First of all, the overwhelming majority of the published clinical and experimental studies over the past twenty years have been performed on the grape seed extract not the extract of pine bark.

With regard to the free radical scavenging activities of PCO, studies demonstrate that the grape seed extract may be more potent and effective than the extract of pine bark. Only the grape seed extract contains the gallic esters of proanthocyanidins that are the most active free radical scavenging PCO. These compounds are not present in the pine bark. In addition, it is far more economical to extract PCO from grape seeds than from pine bark thus it provides greater value at a lower price.

In addition to their powerful antioxidant action these extracts demonstrate a wide range of pharmacological activity. Their effects include an ability to increase intracellular vitamin C levels, decrease capillary permeability and fragility, and inhibit destruction of collagen. PCO extracts also prevent the release and synthesis of compounds that promote inflammation and allergies, such as histamine, serine proteases, prostaglandins, and leukotrienes.

Quercetin. Quercetin is consistently the most active of the flavonoids in experimental studies, and many medicinal plants owe much of their activity to their high quercetin content.

Many flavonoids inhibit tumor formation and have significant antiviral activity, but quercetin has consistently been the most effective. In animal studies and in vitro studies, it has demonstrated significant anti-tumor activity against a wide range of cancers, including squamous cell carcinoma; leukemia; and cancers of the breast, ovaries, colon, rectum, and brain. Quercetin has demonstrated the greatest antiviral activity against herpes virus type 1, para-influenza 3, polio virus type 1, and respiratory syncytial virus.

Quercetin can significantly decrease the accumulation of sorbitol in diabetic animals, effectively delaying the onset of cataracts. It is also indicated in diabetes for its ability to enhance insulin secretion, protect the pancreatic beta-cells from the damaging effects of free radicals, and inhibit platelet aggregation.

It has demonstrated significant anti-inflammatory activity because of direct inhibition of several initial processes of inflammation. For example, it inhibits both the manufacture and release of histamine and other allergy/inflammatory mediators. In addition, it exerts potent antioxidant activity and conserves vitamin C.

As a supplement it is available in powder and capsule form. If quercetin is used for its anti-inflammatory properties, products that provide a combination of the pineapple enzyme bromelain may provide additional benefit. Bromelain exerts anti-allergy and anti-inflammatory activity on its own and may also enhance the absorption of quercetin. Combination preparations of protein-digesting enzymes (like bromelain) and flavonoids potentiate each other's anti-inflammatory activity.

Citrus Bioflavonoids. Citrus bioflavonoid preparations can include rutin, hesperidin, quercitrin, and naringin. Since 1970 most of the clinical research has used a standardized mixture of rutinosides known as HER (hydroxyethylrutosides). Impressive clinical results have been obtained in the treatment of capillary permeability, easy bruising, hemorrhoids, and varicose veins with HER. Citrus bioflavonoids provide similar, but probably not as potent, effects as HER or quercetin.

Mixed preparations of citrus bioflavonoids are the most widely used and least expensive flavonoid sources. However, you should know that mixed citrus flavonoids are the least active and generally the least quantified source of flavonoids. Most available sources are only 50% flavonoids. Same old story--you get what you pay for.

Although flavonoids are often referred to as "semi-essential" nutrients, recent information indicates that they are as important in nutrition as essential vitamins and minerals. We have only referred to a few of the more common ones but from this sample I hope we have given you some good reasons to include them in your nutritional program. (4)

Megavitamin Therapy for Feline Leukemia

Feline Leukemia virus (FeLV) is an exogenous retrovirus. FeLV and related complications may be the most prevalent cause of death in domestic cats. It is often present in the blood and bone marrow and shed in saliva, urine, feces, milk, and nasal secretions of some infected cats.

In the past, veterinarians routinely recommended euthanasia for cats that tested positive for FeLV. In modern practice it is recognized that the median survival time for otherwise healthy cats that test FeLV positive, is approximately 2 years, with 20% still alive 3 years after the first detection. With cats testing positive and exhibiting signs of illness the prognosis is "guarded".

There is a nutritional protocol, first begun in 1977, that has turned hundreds of previously positive cats, to FeLV negative. Wendell O. Belfield, D.V.M., reports of great success for many cats with the use of 750 mg of sodium ascorbate (buffered vitamin C), 750 IU vitamin A, and 75 IU of vitamin E. He uses this combination of vitamins in conjunction with other essential supplemental nutrients in crystalline form, mixed once daily into a wet ration.

He goes on to describe the "side affects" that he has experienced as: "Cats that displayed signs of chronic illness caused by immunosuppression became devoid of symptoms. Queens with a history of infertility, abortion, or fetal resorption gave birth to normal, healthy litters. Fading kitten syndrome was eliminated. Other chronic secondary diseases, such as stomatitus, abscesses, and upper respiratory tract infections, were eliminated". To bad that can't be put on a "warning label" for side affects!

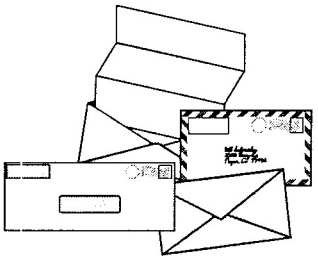
As usual, the earlier FeLv is detected, the earlier the protocol is effective. With subjects testing positive for more than 1 year but less than 2 years, they tested negative approximately 6 months later. Those viremic for more than 2 years but less than 3 years, tested negative between 9 and 12 months later. Those testing positive for FeLV 3 years or more tested negative after 2 years.

Treatment may be lifelong if the subject's immune susceptibility is genetically linked or chronically influenced by other factors, such as environment. In other words, these cats may become FeLV positive if the protocol is discontinued; the cat reverts to its previous immune-deficient state.

This nutritional protocol is also effective against FIP and FIV viruses. In most cases, treatment, prevention, and control of viruses through nutritional supplementation require time for the body to respond because of the biochemical changes necessary for positive results.

Dr. Belfield deserves a great deal of credit for his discovery that massive doses of vitamin C (as great as half a gram of sodium ascorbate intravenously per pound of body weight) have great value in the treatment of viral diseases in dogs and cats.

MAILBOX



Dateline January/98 California

Dear Marina,

Thought you might get a kick out of this! A week and a half ago, I was trying out a horse that I thought I might want to buy. At the walk the horse was real nervous so after about 10 minutes, I thought I'd let the horse go into a soft trot. **WRONG!!!!!!**

This horse reared straight up and smashed me in the face--a total of 4 times before I figured bailing off this thing was the way to go!~!!! Let me tell you--it's a long way off a rearing horse when they're rearing straight up.

The lady who owned the stable got to me first and was horrified--blood coming from my nose, blood coming from my mouth, blood from my jaw bone and chin (like a rug burn but down to raw skin)!!!! So I started ice immediately 'cause I'm sure if my nose wasn't broken, it at least had a fracture.

When I got home, I looked around to see what I had to help keep the swelling down. All I could find was my homeopathic "Inflammation" from you for the dogs. Well. I figured it wouldn't kill me and might just help--so down the throat some of it went for the next two days and used Traumeel lotion on my chin.

I never had any swelling that anyone else could see (I felt a slight bit on the side of my nose), no black and blue and the chin healed up and was fine after 5 days of Traumeel.

So, if ya don't want humans using the stuff--ya better put "for animal use only" !!!!!!!

P.S.--my dogs are doing wonderful on NR diet!!!

Thanks for the very vivid picture!!!!!

Actually all homeopathic remedies are originally designed for humans thus there is no need to "horse around" (ouch) with the labels.

I am always awed at the effectiveness that Traumeel has in helping to heel rapidly. I'm glad you had it on hand for this unexpected ride!

Dateline Feb./98 Alaska

Dear Marina,

On behalf of Ch. (dog's name) and her first litter of 6 pups, I want to thank you personally for the help I received from you when no other help was available. She is a Bernese Mtn. Dog I bred 2 1/2 years ago. That makes this first litter real special--my grand puppies so to say.

On Friday, Jan. 30th, at whelping, we lost one big beautiful girl (pup #5), but ended up with 4 males and 3 females. All pups seemed initially very healthy and doing well, and it was a beautiful, uniform litter. On Sunday evening the first sign of trouble started when I barely heard raspy breathing coming from one pup and possibly a 2nd.

Monday, at the vets (dewclaw removal), she commented how great the litter looked and really they did look great--shiny coats, all gaining weight--but I asked her to listen to "silver" and "green". She did and she noted noise, possibly in their lungs. She put them on antibiotic amoxicillin and said to pay close attention to all others. Well to make a long story shorter, 5 of 7 pups ended up on antibiotics and with no response what so ever.

One pup was accidentally killed when mom smothered him, so I sent him in for a full necropsy so we could find out exactly what we were dealing with. The pups had "wet" noses--not mucusy, or purulent--and they sounded like pugs! They were hardly a week old and they continued to gain weight, yet were so congested they could barely find moms nipple to latch on to.

I have bred 3 litters already and was beside myself with worry. I'd never seen this nor was I getting any answers from anywhere. I am a licensed veterinary technician and could not find any answers. The necropsy came back no growth--so I immediately stopped the antibiotics and awaited the news on the viral culture. I am still waiting.

I started looking for alternative ideas. When I called Marina, she listened and I even held a pup to the phone. She said she'd send remedies right away with full instructions and that within 4-5 days we should see a response.

Thank God! We started the pups on Tuesday and by Sunday the ENTIRE litter sounded normal and were feeling much better. We continue the remedies although less often and will be treating for another 10 days. I can't tell you how thankful I am that Marina was there when I needed her and we have 6 healthy pups at this point.

Homeopathic remedies are very important to the health of all animals--especially when you're dealing with something unexplained or viral or ??? I am just beginning to realize how much help is available this way. I grew up learning conventional medicine--it's still my job, but I know that there are alternative ways out there that work--especially when there isn't any help form conventional medicine.

The remedies used in this particular case were: Euphorbium Comp. and Mucosa Comp. (specifics for stimulating the bodies defenses in diseases of the mucous membranes and in the region of the upper and lower parts of the respiratory tract); Engystol (to activate the non-specific defense mechanism, particularly in the case of influenza and questionable virus diseases); Echinacea Forte (a great immune stimulator for a wide variety of conditions) and colloidal silver (know for its anti viral effects).

Although we can't be sure just what we were fighting this combination of remedies was broad enough to solve the problem.

Dateline Feb./98 New York

Dear Marina,

I have suffered from migraine's & daily cluster headaches for so long. Prescription drugs no longer worked. I have much stress in my life--both good and bad--and my job is a daily stressful environment.

You suggested I try AOX/PLX. I can't believe it worked! I started as suggested--5 tabs in the morning for 2 weeks and I find I still take 5 every day instead of the reduction to 3 tabs.

No more daily headaches! I truly cannot believe it and I believe with no headaches, the stress seems less to me. So thankful you were recommended to me.

Also started Perna caps for my knees. I had to have surgery on them last year. Helped for a while but then more discomfort. I have my older bitch on Perna & they helped her so I figured I couldn't lose. Now instead of Motrin I take Perna caps!

Please keep up the wonderful work you do. You've made such a difference in my and my animals well being and health

Although I work primarily with animals, one of the wonderful things about high quality "human grade" products is that we can all enjoy the benefits of using them.

It's great when we can use a natural product instead of a drug for relief from suffering. Personally I take AOX/PLX on a regular basis as I find it increases my energy and stamina levels to a large degree.

Prevention of Canine Hip Dysplasia (CHD) With Vitamin C

In 1976 Wendell Belfield, D.V.M. published a controversial paper describing a nutritional approach to preventing CHD. At that time (and now) development of CHD was assumed to be hereditary

The study examined eight litters of pups from dysplastic German Shepherd parents or parents that had produced dysplastic offspring. No signs of CHD appeared in the pups when the bitches were administered mega doses of ascorbate during pregnancy and the pups were maintained on a similar regimen until adulthood.

The ingrained belief that CHD is an inherited, genetic disease is so strong that countless numbers of dogs have been put down in an effort to eliminate the gene from all breeding lines. So severe has been the stigma, that breeders were afraid to let it be known that their bitch or sire had produced dysplastic puppies. If word got out, you couldn't sell the puppies. Lets take a closer look at how this "belief" became established.

The first medical observer of canine hip dysplasia was Dr. Gerry Schnelle, a radiologist at the Angell Memorial Animal Hospital in Boston. He published a paper in 1945 theorizing that this condition was genetically based and suggested sterilization of all pups in a dysplastic litter. He believed a recessive gene was responsible and it should be simple to breed away from this gene and the problem would be eliminated.

The veterinary and dog world jumped on the genetic bandwagon and everybody began trying to breed out the recessive genes.

In the sixties, the Orthopedic Foundation for Animals (OFA) came into existence, an organization established to gather data on dysplastic dogs and to issue certificates to non-dysplastic animals. It was hoped this would facilitate selective breeding and help to eliminate the problem. In an era of general acceptance of the genetic theory, possession of such a certificate greatly enhanced the marketability of a stud and breeding bitch and their offspring.

The selective breeding approach has not eliminated this crippling disease. Dysplastic parents are producing normal progeny and non-dysplastic parents are producing dysplastic offspring. Although parents selected for breeding may be free of CHD, have excellent hips, and be two generations removed, they still can produce dysplastic offspring if they carry the genes. The genetic theory has not been conclusively proved as the sole cause of CHD.

"NATURAL REARING NEWSLETTER". All contents copyrighted 1998 by AMBRICAN ENTERPRISES LTD. Nothing in this publication may be reproduced in whole or in part, in any manner whatsoever, without written permission from the publisher. Send all correspondence to:
AMBRICAN ENTERPRISES LTD., P. O. BOX 1436, Jacksonville, OR, 97530. Phone: (541) 899-2080 Fax: (541) 899-3414
E-Mail ambrican@cdsnet.net Published six times a year. Subscription rates US $19.00 per year $35.00 for two years.
Founder and Editor: Marina Zacharias General Manager: R. L. Zacharias Fulfillment Manager: Trudy Zacharias

Researchers have documented the pathology involved in CHD for decades and have not yet explained its genetic component. More recently, some of the authorities who championed the genetic argument for years are slowly doing an about face and talking about hip dysplasia being a biochemical problem.

Because collagen synthesis is essential for optimal muscle, bone, and cartilage formation, researchers have logically hypothesized that the genes involved in CHD contribute to normal bone, cartilage and muscle formation. If these same genes are related to ascorbate metabolism, new control strategies through nutritional supplementation may become possible.

And so we return to Dr Belfield and his regimen for prevention. It begins with the pregnant bitch. This protocol is extremely important because a healthy pregnancy fosters healthy progeny. The protocol is designed to address large breeds of dogs (50 to 100 lbs. of body weight).

The initial dose is 3,000 mg of sodium ascorbate compound daily in moist foods for 3 days. If the stools remain firm, increase the ascorbate level 750 mg every third day, until stools begin to lose their cylindrical form. The dose is then reduced by 750 mg to return the stools to their normal form (this is known as "bowel tolerance"). The maximum dosage of ascorbate should not exceed 10,000 mg daily.

Newborn pup: For the first five days, each pup receives 66 mg of ascorbate-collagen mixture per oz, by dropper daily.

Before Weaning:

5 to 10 days old:	100 mg per oz
10 days to weaning:	132 mg per oz

After Weaning:

Weight-pounds	Ascorbate (mg)
8 to 20	750 to 1,55
20 to 50	Bowel tolerance
50 to 100	Bowel tolerance

Avoid excessive doses because this can cause diarrhea in the animal. If the initial dose of ascorbate causes soft stools, withhold vitamins for 2 to 3 days or until stools become firm and begin at a lower level. Some individuals will require time to adjust to these levels of ascorbate.

In general the conventional solutions to CHD are extensive and expensive. Sterilization or euthanasia has not proven to be the answer to eliminating the problem.

Aside from Dr. Belfield, other vets and many breeders have had success in preventing this disease by utilizing the vitamin C protocol outlined above. Considering the massive amount of research that has established the importance of vitamin C in collagen synthesis, it would appear reasonable that this approach to prevention may do more for the elimination of the CHD problem then anything else recommended in the last 50 years.

Where Do Pets Come From ?

(Author Unknown)

Ed. Note: Found this on the "net". Thought you might enjoy it.

It is reported that the following edition of the Book of Genesis was discovered in the Dead Sea Scrolls. If authentic, it would shed light on the question, "where do pets come from?"

And Adam said "Lord, when I was in the garden, you walked with me everyday. Now I do not see you anymore. I am lonesome here and it is difficult for me to remember how much you love me."

And God said, "I will create a companion for you that will be with you forever and who will be a reflection of my love for you, so that you will know I love you, even when you cannot see me. Regardless of how selfish and childish and unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourself."

And God created a new animal to be a companion for Adam. And it was a good animal. And God was pleased.

And the new animal was pleased to be with Adam and he wagged his tail. And Adam said, "But Lord, I have already named all the animals in the Kingdom and all the good names are taken and I cannot think of a name for this new animal."

And God Said, "Because I have created this new animal to be a reflection of my love for you, his name will be a reflection of my own name, and you will call him DOG."

And Dog lived with Adam and was a companion to him and loved him. And Adam was comforted. And God was pleased. And Dog was content and wagged his tail.

After a while, it came to pass that Adam's guardian angel came to the lord and said, "Lord, Adam has become filled with pride. He struts and preens like a peacock and he believes he is worthy of adoration. Dog has indeed taught him that he is loved, but no one has taught him humility."

And the Lord said, "I will create for him a companion who will be with him forever and who will see him as he is. The companion will remind him of his limitations, so he will know that he is not worthy of adoration."

And God created CAT to be a companion to Adam. And Cat would not obey Adam.

And when Adam gazed into Cat's eyes, he was reminded that he was not the Supreme Being. And Adam learned humility.

And God was pleased. And Adam was greatly improved.

And Cat did not care one way or the other.

Fundamentals of Homotoxicology
Potency Chords

It is well known that the practice of homeopathy originated in the 1800's with Hahnemann and was based upon a lengthy series of "provings" (case studies). (See Volume 1 No. 6 for some basics on homeopathy)

I find it interesting that in today's world conventional medicine finds "case studies" an acceptable term for serious consideration but refers to holistic case studies as "anecdotal" and not worthy of attention.

Most homeopaths agree that low dilutions of a remedy produce an action that is quick, superficial and brief, while the action produced by high dilutions is a slow, penetrating, and lasting one.

Three problems frequently arise when applying single potencies:

- The difficulty in determining the varying durations of action and the different ranges of action of the various potencies of the same remedy.
- The challenge of choosing the appropriate potency for the particular case.
- The problem of the initial aggravation of the patients condition.

In homeopathy an "aggravation" refers to an initial deterioration in the patients condition as a reaction to the appropriate remedy. While the symptoms appear to change for the worse, the patients general state of health improves. Aggravations are more often found with the low potency remedies.

Kent put the problem of the right potency in concrete terms: "We have never claimed that every potency fits every patient. The potency must be in accordance with the patients condition, and be intended to act on a level identical to that of the disease whenever possible."

With homeopathic "potency chords", the problems referred to above may be simplified in part, or even eliminated entirely. Potency chords refers to a balanced mixture of several homeopathic potencies of the same basic material.

When applying homeopathic potency chords, a faster and broader response of the organism is to be expected. Functional portions of a pathologic process will be reached by the quick-acting low potencies, whereas at the same time, constitutional and mental portions of a pathological process will be reached by the slow-acting high potencies.

H.H. Reckeweg described this multiple action as follows: "For the principle of the balanced potency, the leading idea is that different potencies will reach different defense systems."

The idea of using homeopathic potency chords was first mentioned by the Spanish physician Cahis in 1913. He stated that in his experience: "One may be sure that the action is a milder one, the individual doses may be repeated more frequently and if it is necessary, as it often happens, they may be given over a prolonged period of time."

O. Julian (author of "Materia Medica de Nosoden--Heidelberg, 1983) reported on the application of various potencies of one and the same homeopathic remedy, specifically the nosodes. He stated that: "The action of the potency chords is faster, of greater intensity, longer-lasting, and less connected with adverse reactions."

A particularly impressive proof of the superior efficacy of homeopathic potency chords of phosphorus, as compared to that of the respective single potencies, was furnished by D. Gomez (1992).

In an animal study (mice) he verified the effects of using phosphorus 10x, 30x, 200x, and 1000x as single remedies and a balanced potency chord of the same potencies, on an induced liver intoxication.

By measuring the liver-specific enzymes SGOT and SGPT as well as examination of the hepatic tissue, it was possible to furnish proof of a therapeutic effect of the administered potencies of phosphorus. What was particularly striking was the fact that the balanced potency proved to have a better protective effect than any of the four single potencies.

Balanced potencies are characterized by the following special features:

- Faster action
- Action of greater intensity
- Doses may be repeated, in spite of high potencies included
- No decrease in action in case of administration over a prolonged period of time, as usually occurs in case of single potencies
- Fewer cases of deterioration in the patient's condition
- Grades of potentiation conserve their specific action
- Extension of the range of action
    - Both organic disturbances and mental impairments may be controlled
    - Both chronic (high potencies) and acute phases of disease (low potencies) are covered

Summary: Homeopathic potency chords represent not only a simplification of remedy selection but are also often therapeutically superior to the single potencies. This superiority expresses itself by a longer-lasting therapeutic result and by a better tolerance, especially due to the lack of healing aggravations. Balanced potencies permit the treatment of both the immediate disorder and the constitutional situation, so their administration produces a longer-lasting effect than that of a series of single potencies.

That's it for another issue gang. Until next time, take care out there.